

SMALL GROUP GUIDE



RESET<< CHALLENGE

RESTART / REFOCUS / REPURPOSE

Let's all agree to...

Group Guidelines & Guardrails

When we meet as a small group, we agree to:



- **Assume good intent;** remember that everyone has joined this experience because they have an interest in bettering themselves!
- Lean into **new possibilities**
- **Avoid blaming** or labeling people....including yourself! Labels can be emotional triggers and rarely add to productive conversation.
- **Be mindful** to not dominate the discussion; silence is okay and necessary!
- **Use 'I' statements**... speak only for yourself
- Consider and reflect on:
 - **'WAIT vs. WAIT'** (*Why am I talking? Vs. Why am I not talking?*)
- **Release expectations of perfection** of yourself!
- What happens here, stays here!

When meeting virtually, please consider the following:



- If possible, please keep your camera on!
- Please do not participate in your small group connection while driving.
- When appropriate, please use the Mute function to enhance the sound quality for the group (take out background noises, etc.)
- Consider the Chat Box as an extension of talking; some people process and share differently--- the chat feature can be a great place to reflect and share articles, links, and other resources!



Please come to each small group meeting having watched Coach Jeff's Weekly Video!

[Visit STRONGLIFE.ORG to watch!](https://www.stronglife.org)



Find community and encouragement by joining the [STRONGLIFE Community](https://www.stronglife.org) on Facebook!





WEEK 1: RESTART

Self Reflection



CONNECT *10 minutes*

Go around the Zoom Room and Introduce Yourself!

Start with... Your Name? Where are you from?
Why did you join the RESET Challenge?

And... pick **ONE** of these questions to answer:

1. What is your ultimate road-trip snack?
2. Would you rather live on the beach or in a cabin in the woods?
3. Would you rather start early or work late?



THIS WEEK'S FOCUS: RESTART *20 minutes*

It's about how we start ---- do we run too fast out the gate and lose energy and speed? Do we ignore all of the baby-steps and prep-work it takes to have a successful start only to be frustrated when things don't go perfectly?

Reflect on these questions and share with the group!

1. Reflect on Coach Jeff's Video. What was the most impactful sentence or phrase for you?
2. Think of the last 7 days; share an experience where you focused on the 'start' instead of the end goal; the process over the product.
3. When you are in a rut, what helps your restart?



GOALS CHECK-IN *10 minutes*

RESET Challenge GOAL: BUILD A HEALTHY HABIT

Reflect on these questions and share with the group!

1. Share the healthy habit that you will be working on building with the group!
2. How can the group help encourage, support, and cheer you on?



RESET Challenge GOAL: PLAY RESET BINGO!

1. Which board are you playing this week? (*Spirit, Mind, Body*)
2. Which squares have you crossed off so far?

What are your barriers to reaching your healthy habit goal or one of the squares on your board? Consider focusing on ONE barrier this week; name it and work towards a solution to removing it!



UNTIL NEXT TIME... *The last 5 minutes*

Your connection with each other is a gift and an opportunity! A tool for you to use for accountability during this challenge!

Spend closing time scheduling next connection time and determine how you will stay in touch outside of Zoom! Head over to the STRONG Life Facebook Page and join!



WEEK 1: RESTART

Small Group Guide

**What is your RESET CHALLENGE
Healthy Habit?**

Who's in your small group?

**Name the barriers that are preventing
you from reaching your goals....**

RESTART



RESET



WEEK 2: REFOCUS

Small Group Guide



CONNECT *10 minutes*

Make sure everyone in the room knows one another!

Pick ONE of these questions to answer:

1. What do you do to relax?
2. If you could have dinner with one person –alive or dead—who would it be?



THIS WEEK'S FOCUS: REFOCUS *20 minutes*

Now that you've named your healthy habit... it's time REFOCUS! Focus on your mindset so that you can successfully reach you goals.

Reflect on these questions and share with the group!

4. Reflect on Coach Jeff's Video. What was the most impactful sentence or phrase for you?
5. How would you describe when you are in a negative mindset; what emotions, colors, sounds, or body movements do you associate with an unfocused, negative mindset?
6. Alternatively, describe what a focused and positive mindset feels and looks like!



GOALS CHECK-IN *10 minutes*

RESET Challenge GOAL: BUILD A HEALTHY HABIT

Reflect on these questions and share with the group!

3. Remind the group of your healthy habit and use ONE word to describe your journey towards meeting that goal. (How is it going?)
4. What encouragement or support do you need this week to REFOCUS on your goal?



RESET Challenge GOAL: PLAY RESET BINGO!

3. Which board have you chosen to play this week? (*Spirit, Mind, Body*)
4. Which square brings you the most joy or happiness?



UNTIL NEXT TIME... *The last 5 minutes*

In the chat box, offer one positive affirmation, mantra, or quote that you want to share with the group as you go! Make sure you have your next connection scheduled and communicated.



WEEK 2: REFOCUS

Self Reflection

DRAW, WRITE, or DOODLE:
What does a **POSITIVE MINDSET**
look and feel like?

LIST 3 POSITIVE AFFIRMATIONS to
focus on this week:

1.

2.

3.

HEALTHY HABIT CHECK-IN....

REFOCUS



How is it going?

RESET



WEEK 3: REPURPOSE

Small Group Guide



CONNECT *10 minutes*

Pick ONE of these questions to answer:

1. What is the bravest thing you've ever done?
2. What are you hopeful for?
3. Would you rather travel the world for a year, all expenses paid or have \$40K to spend on whatever you want?



THIS WEEK'S FOCUS: REPURPOSE *20 minutes*

We've gained skills and new ways of thinking about achieving small steps towards healthy goals; how can we take those successes and transfer and REPURPOSE them to our relationships and the world in which we live? Finding pockets of JOY and share that with others. When we connect to something bigger than ourselves, we find our true purpose and belonging.

Reflect on these questions and share with the group!

1. What does, 'Where PASSION meets your PURPOSE' mean to you?
2. How do you plan to keep living out the learned skills and habits from the RESET challenge?



GOALS CHECK-IN *10 minutes*

Consider the following prompts as you reflect on the RESET Challenge and share with the group:



- *I feel most proud of...*
- *The goal that I will continue to achieve...*
- *At the beginning of this challenge my barriers were...*
- *While playing RESET BINGO I discovered...*
- *I found that I felt _____ when I changed my mindset...*
- *Participating in small groups made me feel...*



SENDING IN GRATITUDE... *The last 5 minutes*

Your small group connections have been a gift and an opportunity! How can your group stay in touch after the RESET Challenge? Consider sharing e-mail addresses or formulate other plans to stay connected! Remember, the STRONG Life Facebook Page is a great way to stay connected!



WEEK 3: REPURPOSE

Self Reflection

What are you hopeful for?

What is the bravest thing you've ever done?

WRITE, DRAW, or DOODLE:

What relationships need strengthening?
What communities need your JOY?
How can you teach others about healthy habits?

REPURPOSE



RESET